

THE UP AND UP

You can tell participants this activity is on the up and up. Really! The Up and Up uses concepts learned in Venus de Milo Arms (see page 63). It combines tall sitting and arm lifts to provide the torso with both strength and length. It's called *The Up and Up* because once they lift their arm up toward the ceiling, they then reach up a little farther.

Benefits »

- ⦿ Improves torso function, flexibility, and strength.
- ⦿ Strengthens back extensors and rib lifters.
- ⦿ Improves shoulder flexibility and reaching skills.

Set It Up »

You will not need any special equipment. Some variations require light hand weights or a balance disc and a chair with arms.

How to Do It »

The Start

- ⦿ Participants sit tall at the edge of the chair, heels under ankles, shoulders over hips, abdominals braced, ribs lifted, and head retracted.
- ⦿ They begin sitting tall with the hands resting on the lap.



The Moves

Use the following cues.

- ⦿ Lift the right arm up toward the ceiling, as far as is comfortable and, ideally, directly overhead.
- ⦿ Reach a little higher by extending the ribs and shoulders (Venus de Milo arms).
- ⦿ Return and relax.
- ⦿ Sit tall again, lift the left arm toward the ceiling, and then reach higher.
- ⦿ Remember there are two up phases; the second *up* phase is an extension through the shoulders and ribs.
- ⦿ Repeat 6 to 8 times with each arm, and progress to 12 times, as tolerated.

Take It Further »

- ⦿ Hold reaches a little longer.
- ⦿ Encourage a little higher reach.
- ⦿ Use a light weight, 1 or 2 pounds (.5-1 kilogram).

Give It More Balance »

- ⦿ Sit closer to the edge of the chair.
- ⦿ Use an offset foot position with heels lifted.
- ⦿ Sit on a balance disc in a chair with arms.
- ⦿ Do the The Up and Up standing up, with appropriate balance support (such as a sturdy chair behind).

Keep It Safe »

Keeping the abdominal wall pulled in better stabilizes the torso during reaches.

Live It »

The Up and Up! It's strength with length. That's good stuff!